

Nutrition Facts 2020-21

BREAKFAST	Portion Size	Calories	Total Fat (g)	Carbohydrates (g)	Protein (g)	Allergens*
Bacon (turkey)	1 slice	20	1	0	2	none
Biscuits & Gravy	2 biscuits w/gravy	372	17.6	48	8.8	wheat/milk/soy, sesame, may contain egg
Breakfast Pizza	1 slice	168.5	1.96	5	2.5	milk/wheat/soy
Cereal, Cinnamon Toast Crunch	1 bowl	110	25	22	1	wheat/soy
Cereal, Cocoa Puffs	1 bowl	110	15	25	2	wheat
Cereal, Froot Loops	1 bowl	110	10	24	2	wheat, may contain soy
Cereal, Honey Nut Cheerios	1 bowl	110	1.5	22	2	almonds, GF
Cinnamon Toast	1 slice	267	22	16	2	wheat/soy
Donuts, mini chocolate	1 package	300	13	39	5	wheat/eggs/milk/soy
Donuts, mini powdered	1 package	280	10	42	5	wheat/eggs/milk/soy
Pancake on a Stick	1 each	200	10	17	7	wheat/egg/soy
Pancakes, Blueberry	1 package	210	6	35	4	wheat/milk/egg/soy
Pop-Tarts, Cinnamon	1 package/2 pop-tarts	370	5	75	5	wheat/soy
Pop-Tarts, Strawberry	1 package/2 pop-tarts	360	4.5	75	4	wheat/soy
Sausage Biscuit	1 sandwich	230	12	22	9.9	wheat/milk/soy/sesame
Sausage Biscuit w/cheese	1 sandwich	446	26	24	32	wheat/milk/soy/sesame
Sausage Egg Biscuit w/cheese	1 sandwich	324	18	25	16.5	wheat/milk/soy/egg/sesame
Sausage Egg Biscuit	1 sandwich	290	16	23	13	wheat/milk/soy/egg/sesame
Sausage Patty, Turkey	1 each	60	4	0	6	none
Scrambled Eggs	4 oz.	120	8	2	10	egg, milk
Toast	1 slice	60	1	12	4	wheat/soy
Waffles	2 waffles	180	6	28	4	egg/milk/soy/wheat
Yogurt Parfait	1 parfait	241	10.5	64.15	7.2	milk/soy
Cinnamon Roll	1 Roll	270	12	36	6	Wheat/Milk/Eggs/Soy
Hashbrowns	2 patties =1/2 cup	260	14	33	3	none listed
LUNCH ENTREES	Portion Size	Calories	Total Fat (g)	Carbohydrates (g)	Protein (g)	Allergens*
BBQ Sandwich	1 sandwich	271	4.77	35.7	16.7	wheat/soy
Cheeseburger	1 burger	415	21.5	27	25.5	wheat/soy/milk
Hot Ham & Cheese	1 sandwich	303	12	29.4	19.4	dairy/soy/wheat
Chef Salad, elementary	1 salad	285	9.8	27.8	22.9	wheat/milk
LUNCH ENTREES	Portion Size	Calories	Total Fat (g)	Carbohydrates (g)	Protein (g)	Allergens*
Chef Salad, secondary	1 salad	285	9.8	27.8	22.9	wheat/milk

Chicken Alfredo Pasta	1 serving	343	11.8	32.8	25.3	wheat/milk
Chicken & Waffles	5 nuggets, 1 waffle	310	14	29	19	wheat/soy/egg/milk
Chicken Nuggets	5 nuggets	220	11	15	17	wheat/soy/egg/milk
Corn Dog	1	240	9	30	9	wheat/soy/egg
Drumstick, breaded	1 drumstick	190	11	5	16	wheat
Frito Chili Pie	1 serving	319	14	28.6	18	wheat/dairy
Grilled Cheese Sandwich	1 sandwich	284	12.1	28	18	wheat/soy/milk
Hamburger	1 burger	380	19.5	26	22	wheat/soy
Hot Dog w/Bun	1 hot dog	220	10.5	22	12	wheat
Macaroni & Cheese	2/3 cup	358	22.6	21.3	17	wheat/milk
Mazzio's Pizza, Cheese	1 slice	332	14	35.4	15.3	wheat/milk/soy
Mazzio's Pizza, Pepperoni	1 slice	357.5	16.7	35.2	15.6	wheat/milk/soy, pork
Mazzio's Pizza, Sausage	1 slice	367.9	17.5	35.4	16.3	wheat/milk/soy, pork
Nachos	1 serving	516	32	39	18	milk/soy, GF
Pasta Bake	1 serving	421	23	29	25.3	wheat/milk
PBJ, homemade	1 sandwich	369	16.5	45	12	wheat/peanuts
PBJ, Jammers	1 sandwich	310	16	35	10	wheat/peanuts/soy
Philly Cheese Steak Sandwich	1 sandwich	366	13	41	25	wheat/milk/soy
Pizza, Wild Mike's Pepperoni, elementary	1 slice	370	18	34	18	milk/wheat
Pizza, Wild Mike's Pepperoni, secondary	1 slice	370	18	34	18	milk/wheat
Pizza, Wild Mike's Cheese, elementary	1 slice	360	17	34	17	milk/wheat
Pizza, Wild Mike's Cheese, secondary	1 slice	360	17	34	17	milk/wheat
Breakfast Pizza, Wild Mike's	1 slice	170	7	18	9	milk, soy, wheat
Popcorn Chicken	1 cup/22 pieces	458	26	28	28	wheat/soy
Popcorn Chicken Salad	1 salad	274	13.7	21.8	18	wheat/soy
Pot Roast	1 serving/3oz	90	2.25	1.5	15	
Sloppy Joe with BUN	1 sandwich	404	16	35.93	27	wheat/soy
Spaghetti w/Meat Sauce (turkey)	1 serving	363	25	76	28	wheat
Chef Salad, Spicy Chicken	1 salad	396	15	42	24	eggs/wheat/soy
Chef Salad, Turkey (no croutons or crackers)	1 salad	188.5	9	8	28.51	
Chef Salad with 1 whole egg (no croutons or crackers)	1 salad	285	9.8	27.8	22.92	
Chef Salad with 1/2 egg and turkey	1 salad	285	9.8	27.8	22.92	
Chicken Fajitas	1 Fajita	318	10.8	35	18	soy/wheat
Chicken Wings	5 Wings	400	30	5	28	none
LUNCH ENTREES	Portion Size	Calories	Total Fat (g)	Carbohydrates (g)	Protein (g)	Allergens*
Croutons	2 oz serving	264	10.39	36.07	6	wheat/milk
Spicy Chicken Wrap	1 wrap	490	14.5	49	4	wheat/eggs/soy
Sub Sandwich, secondary	1 sandwich	295	6	37	29.5	wheat/soy

Teriyaki Chicken (without rice)3 oz chicken + sauce	1 serving	134	4	7.5	14.5	wheat/egg/soy, sesame
Taco Salad w/bowl	1 salad	355	16.7	34.5	15.8	wheat/soy
Taco, crispy	1 taco	231	15.5	10.7	11.2	wheat/milk/turkey
Turkey Wrap (meal with fruit)	1 meal	457	10.5	69.4	26	none
Turkey, Roasted	3 oz.	97.14	3.63	37	15.78	none
Lunchable, Pizza	1 meal	399	20	37	21	wheat, milk, soy, sesame
Lunchable, Turkey & Cheese	1 meal	385	11	15	11	wheat, dairy, soy
Deli Sandwich	1 sandwich	195	4.25	25	16.5	wheat, dairy, soy
VEGGIES & SIDE ITEMS	Portion Size	Calories	Total Fat (g)	Carbohydrates (g)	Protein (g)	Allergens*
Baby Carrots, raw	1/2 cup	43	0	10	0.8	
Baked Beans	1/2 cup	130	0	29	7	none
Breakfast Potatoes	1/2 cup	130	2.6	24.8	3.92	none
Broccoli, Steamed	1/2 cup	63.8	0.2	10	2.6	
Candied Carrots	1/2 cup	102	3.7	17	0.5	milk/soy
Corn	1/2 cup	61	0.3	13	1.7	
Cornbread	1/2 cup	106	2.78	17.88	2.73	dairy/soy/egg/wheat
Cornbread Dressing	1 piece	160	7.98	19.3	3	wheat/egg/milk/soy
Cucumber, slices	1/2 cup	8	0.1	1.9	0.3	
Egg Roll	1	170	7	20	9	milk/egg/wheat/soy/fish
Fiesta Beans	1/2 cup	120	0.5	22	7	none
French Fries	1/2 cup	98	6	28	2.67	none
Fritos	3/4 cup	210	9	28.5	3	none
Grape Tomatoes, raw	1/2 cup	13.5	0	2.9	0	
Green Beans	1/2 cup	31.5	0	5.2	0.95	
Hot Roll	1 roll	175	4	30	4.5	wheat/soy/milk
Lettuce/Pickles, elementary w/burger	1 serving	11	0.07	1.36	0.31	
Lettuce/Tomatoes/Cheese, w/tacos	1 serving	35	4	3	3.5	milk
Mashed Potatoes (no gravy)	1/2 cup	70	1	14	2	milk
Mashed Potatoes w/ Brown Gravy	1 serving	90	1	18	2	wheat/milk
Mashed Potatoes w/ White Gravy	1 serving	110	3	19	2	wheat/milk
Peas	1/2 cup	70	0.32	12.5	4	
Peas & Carrots	1/2 cup	46.8	2	8.8	2.5	
Pinto Beans	1/2 cup	98	0.05	18	6	
VEGGIES & SIDE ITEMS	Portion Size	Calories	Total Fat (g)	Carbohydrates (g)	Protein (g)	Allergens*
Pita Bread/Flatbread	1 pita	170	5	28	6	wheat/milk
Roasted Cauliflower	1/2 cup	45	2.7	4.57	2.08	
Roasted Vegetables	1/2 cup	58	2.5	8.5	1.66	

Roasted Zucchini	1/2 cup	42	2.78	3.9	1.67	
Side Salad	1 salad	12	0.15	2.4	0.72	
Rotini Noodles	1/2 cup	200	1	41	7	wheat
Spaghetti Noodles	4 oz.	200	1	40	7	wheat
Spaghetti Sauce (turkey), w/o noodles	1 serving = 6 oz.	163	24	36	21	none
Tomatoes, Grape	1/2 cup	13.5	0	2.9	0	
Tomato Soup (campbell's)	1/2 cup	67	0	15.3	2	wheat
Veggie Cup	1/2 cup	14.46	0.1	3.2	0.51	none
Rice, White	1/2 cup	118.9	0	25	2.79	
FRUIT	Portion Size	Calories	Total Fat (g)	Carbohydrates (g)	Protein (g)	Allergens*
Apple	1	72	0.23	19.06	0.36	
Banana	1	105	0.5	27	1	
Cantaloupe	1/2 cup	30	0	14	0.5	
Grapes	1/2 cup	55	0.13	14	0.58	
Honey Dew	1/2 cup	31	0.12	8	0.5	
Mandarin Oranges	1/2 cup	70	0	17	1	
Mixed Fruit	1/2 cup	60	0	17	0	
Orange	1	62	0.16	16	1	
Peaches, canned	1/2 cup	70	0	18	1	
Pears, canned	1/2 cup	70	0	18	1	
Pineapple Tidbits, canned	1/2 cup	60	0	16	0	
Watermelon	1/2 cup	80	0	19	0	
Mixed Fruit, Fruit Cup	1/2 cup	23	0.11	6	0.5	
Diced Pears, Fruit Cup	1/2 cup	80	0	19	1	
Strawberries, Fresh	1/2 cup	70	0	19	0	
Fresh Fruit Mix (melons + grapes)	1/2 cup	68	0.32	17	1.3	
MISCELLANEOUS	Portion Size	Calories	Total Fat (g)	Carbohydrates (g)	Protein (g)	Allergens*
BBQ Meat (no bun)	3 oz.	131	2.5	8	18	
Beatnick Cake	1 serving	243	14.01	26.7	2.46	wheat/soy/egg
Beef Patty	3 oz. patty	230	17	0	16	
Biscuit	1 biscuit	170	8	22	4	wheat/milk/soy
MISCELLANEOUS	Portion Size	Calories	Total Fat (g)	Carbohydrates (g)	Protein (g)	Allergens*
Boiled Egg	1 large	77	5.3	0.6	6.3	egg
Bread, sliced	1 slice	60	0.75	12	2	wheat/soy
Bread, Garlic Toast	1 slice	90	2.5	14	3	wheat/soy/milk
Cheese Stick	1 stick	60	3	1	7	milk
Cheese, American shredded	1/4 cup/1 oz./28 g	70	7	2	7	milk

Cheese, American shredded (on hot dog)	1 Tbs	20	1	0.5	2	milk
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Cheese, American sliced	2 slices/1 oz./28 g	70	4	2	7	milk/soy
Cheese, American sliced (1/2 oz.)	2 slices/1 oz./28 g	70	4	2	7	milk/soy
Chili, for hot dog	1 oz	48	3	1.5	3	
Chili, homemade for frito chili pie	1/2 cup	180	8.6	11	15.4	
Cookie, brownie	1 cookie	150	4.5	26	2	wheat/eggs/soy/milk
Cookie, chocolate chip	1 cookie	160	5	26	2	wheat/eggs/soy/milk
Cookie, sugar	1 cookie	150	4.5	26	2	wheat/eggs/soy/milk
Crackers, saltine	2 packages/4 saltines	60	1.5	10	1	wheat
Apple Crisp	1 serving	195	7.7	30.1	1.9	dairy/soy/wheat
Egg Patty	1	60	4	1	3	egg/soy
French Fries	1/2 cup	98	6	28	2.67	
Gravy, Brown	1/4 cup	40	1	8	0	soy
Gravy , White Pepper Breakfast	1/4 cup	20	0.5	4	0	wheat/soy/milk
Gravy, White Pepper, Lunch	1 oz.	40	2	5	1	wheat/milk, may contain
Gravy, White Pepper, Lunch	4 oz.	160	8	20	4	wheat/milk, may contain
Gravy, White Pepper, Lunch	2 oz.	80	4	10	2	wheat/milk, may contain
Pot Roast/Shredded Beef	3 oz.	90	2.25	1.5	15	
Ham deli slices (turkey)	3 slices/3 oz	125	7	2	13	none
Hamburger Bun	1 bun	150	2.5	26	6	wheat/soy
Hot Dog (turkey), no bun	1 frank/2 oz.	110	9	0	8	none
Hot Dog Bun	1 bun	110	1.5	22	4	wheat
Ice Cream Cup, Chocolate	1 cup	100	5	13	2	milk, may contain peanuts
MISCELLANEOUS	Portion Size	Calories	Total Fat (g)	Carbohydrates (g)	Protein (g)	Allergens*
Nacho Chips	2 oz.	270	12	28	4	
Peanut Butter	2 Tbs.	199	15	8	8	peanuts
Queso Blanco cheese sauce, secondary (w/o chips)	4 oz.	236	18	4	14	milk/soy, GF
White Rice	1/2 cup	85	0	18	2	
Spicy Chicken Fillet	1 fillet	220	11	15	17	wheat/eggs
Chicken Fillet, Grilled (3 oz.)	1 each	120	2.5	1	22	soy

Sub Bun	1 roll	180	2.5	36	8	wheat
Taco Meat	2 oz.	249	9.36	0	17.76	
Taco Shell, crispy	1 shell	150	8	18	2	none
Tortilla 10"	1 tortilla	190	5	31	5	wheat/eggs/soy
Turkey deli slices	4 slices/3 oz	80	1.5	0	18	none
Waffle, round	1 waffle	90	3	14	2	egg/milk/soy/wheat
Wacky Cake	1 slice	150	6.7	22	0.89	soy/wheat
CONDIMENTS	Portion Size	Calories	Total Fat (g)	Carbohydrates (g)	Protein (g)	Allergens*
BBQ Sauce	1 portion cup (1 oz.)	40	0	10	0	
Honey Mustard	1 portion cup (1 oz.)	55	2.3	8.59	0.26	egg
Jelly	1 packet	26	0	6.6	0.1	
Ketchup	1 portion cup (1 oz.)	34	0	8	0	
Marinara	2.5 oz.	40	1	7	1	
Mayonnaise, light	1 TBSP	35	3.5	1	0	egg
Mustard	1 TBSP	0	0	0	0	
Ranch	1 cup (1 oz.)	120	12	2.24	0	soy/milk
Salsa	2 oz.	30	0	6	0	
Syrup (sugar free)	1 oz. cup	0	0	0	0	
BEVERAGES	Portion Size	Calories	Total Fat (g)	Carbohydrates (g)	Protein (g)	Allergens*
Apple Juice	4 oz. carton	60	0	14	0	
Milk, Chocolate	8 oz. carton	120	0	20	8	milk
Milk, Strawberry	8 oz. carton	110	0	19	8	milk
Milk, White	8 oz. carton	110	2.5	13	8	milk
Orange Juice	4 oz. carton	50	0	12	1	

*Allergens listed are based on the food manufacturer's allergen statement. Allergens listed on this document are noted "none" only when a product specification states that there are no